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If you’re caring for a family member or a friend come and join us!

**It doesn’t matter who you’re caring for or why - this very informal group offers support, companionship, fun activities, information and a chance to get away from your caring role for a while.**

**We’ll have a variety of activities of your choice, speakers with interesting, fun and useful information some weeks and other weeks we’ll entertain ourselves with some chat, quizzes, and classes or whatever you fancy.**

**UNPAID CARERS**

**SOCIAL AND ACTIVITIES GROUP**

**EVERY SECOND THURSDAY 11AM-12:30PM**

**At the Church hall, 3 Main St, Cairneyhill**

**(first meeting is on Thursday, the 4th of August 2022)**

**If you’re a carer or know a carer who you feel would benefit from being part of this group contact Fife Carers Centre on**

**07736 918211 (Carol) or 07736 929096 (Sylwia)**

**or via email** [**carol.reddick@fifecarers.co.uk /**](mailto:carol.reddick@fifecarers.co.uk%20%20/)[**sylwia.nadolny@fifecarers.co.uk**](mailto:sylwia.nadolny@fifecarers.co.uk) **for more information**

**Meet other local carers who are in a similar situation, make friends and feel great!**

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